



# ONE-PAN SMASHED BLACK BEAN TACOS

with Creamy Slaw, Pickled Onion & Red Pepper Crema

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 1  
Lime



1 TBSP | 2 TBSP  
Southwest Spice Blend



1 | 2  
Tex-Mex Paste



¼ oz | ¼ oz  
Cilantro



2 TBSP | 4 TBSP  
Mayonnaise  
Contains: Eggs



1 | 1  
Red Onion



1 | 2  
Black Beans



¼ Cup(s) | ½ Cup(s)  
Monterey Jack Cheese  
Contains: Milk



2 TBSP | 4 TBSP  
Smoky Red Pepper Crema  
Contains: Milk



6 | 12  
Flour Tortillas  
Contains: Soy, Wheat



4 oz | 8 oz  
Shredded Red Cabbage



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP  
OR GIVE US A CALL AT (646) 846-3663.

\*\*In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.



## HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz  
Chopped Chicken Breast

Calories: 1040



10 oz | 20 oz  
Ground Beef\*\*

Calories: 1210



PREP: 10 MIN | COOK: 20 MIN | CALORIES: 840





## HELLO

### SMASHED BLACK BEANS

Beans are simmered with a bounty of spices, then mashed for a hearty taco filling.

### CHARRED, I'M SURE

If you have a few extra minutes, char your tortillas in a hot, dry pan for 1-2 minutes to add smoky, fire-kissed flavor.

### BUST OUT

- Small bowl
- Plastic wrap
- Large pan
- Potato masher
- Large bowl
- Paper towels
- Kosher Salt
- Black Pepper
- Olive Oil
- Butter  
*Contains: Milk*
- Sugar

### MORE IS MORE

If you upgraded your meal to double your protein or veggies, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. To cook 3-serving or 6-serving recipes, refer to the separate **MORE IS MORE** card for all the info you'll need!

*For HelloCustom nutritional information, please refer to HelloFresh.com.*

### HOW WAS YOUR MEAL?



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### 1 PICKLE ONION

- **Wash and dry produce.**
- Halve, peel, and thinly slice **half the onion (whole onion for 4 servings)**. Quarter **lime**.
- In a small microwave-safe bowl, combine **¼ of the sliced onion, juice from half the lime, ¼ tsp sugar (½ tsp for 4), and a pinch of salt and pepper**. Cover with plastic wrap; microwave until bright pink, 30-45 seconds. Set aside.

- 🍳 Open package of **chicken\*** and drain off any excess liquid. Heat a **drizzle of oil** in a large pan over medium-high heat. Heat chicken or **beef\*** and season with **salt and pepper**. Cook, stirring frequently, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



### 3 MAKE SLAW

- While beans cook, roughly chop **cilantro**.
- In a large bowl, combine **cabbage, mayonnaise**, half the cilantro, and a **squeeze of lime juice** to taste. Season with **salt and pepper**.



### 2 COOK & SMASH BEANS

- Heat a **drizzle of olive oil** in a large pan over medium-high heat. Add **remaining sliced onion**; cook, stirring occasionally, until lightly browned and slightly softened, 3-4 minutes.
- Stir in **beans and their liquid, Southwest Spice Blend, and Tex-Mex paste**. Season with **salt and pepper**. Bring to a simmer and cook until liquid has thickened, 4-6 minutes.
- Using a potato masher or fork, mash beans until mostly smooth.
- Remove pan from heat and stir in **1 TBSP butter (2 TBSP for 4 servings)** until melted.

- 🍳 Use pan used for **chicken** or **beef** here.



### 4 FINISH & SERVE

- Wrap **tortillas** in damp paper towels and microwave until warm and pliable, 30 seconds.
- Divide tortillas between plates and fill with **smashed beans, Monterey Jack, slaw, smoky red pepper crema, pickled onion (draining first), and remaining cilantro**. Serve with any **remaining lime wedges** on the side.

- 🍳 Add **chicken** or **beef** to **tortillas** along with **smashed beans**.

🍳 \*Poultry is fully cooked when internal temperature reaches 165\*.

🍳 \*Ground Meat is fully cooked when internal temperature reaches 160\*.